The Family Options Project: Implementing an Innovative Intervention for Parents with Mental Illnesses and Their Families

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Authors

Comments
Presentation at Psychiatry Research Day: Translation Research in Psychiatry, at the University of Massachusetts Medical School, 2007.

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Building a rehabilitative intervention, developed and tested within the context of a multi-site randomized clinical trial, the Family Options Intervention is an evidence-informed psychiatric rehabilitation intervention that partners with 26 families, i.e., 26 parents with mental illnesses, 13 partners, & 56 children who partner with 26 families. The Family Options Intervention is an evidence-informed psychiatric rehabilitation intervention, developed and tested within the context of a multi-site randomized clinical trial, the Family Options Intervention is an evidence-informed psychiatric rehabilitation intervention that partners with 26 families, i.e., 26 parents with mental illnesses, 13 partners, & 56 children who partner with 26 families.

**The Partnership**
The Family Options Project fulfills a promise to families participating in the intervention.

**The Intervention**
The Family Options Intervention is an evidence-informed psychiatric rehabilitation intervention, developed and tested within the context of a multi-site randomized clinical trial, the Family Options Intervention is an evidence-informed psychiatric rehabilitation intervention that partners with 26 families, i.e., 26 parents with mental illnesses, 13 partners, & 56 children who partner with 26 families. The Family Options Intervention is an evidence-informed psychiatric rehabilitation intervention that partners with 26 families, i.e., 26 parents with mental illnesses, 13 partners, & 56 children who partner with 26 families.

**The Implementation Study**
The Implementation Study involves describing the key elements of cohort data; intervention implementation, and full operation stage.

- 102 psychiatric hospitalizations occurred (e.g., addicted family member, staff, & club house member);
- Nine focus groups with 5 Family Options eligible families, all of whom partner with 26 families, i.e., 26 parents with mental illnesses, 13 partners, & 56 children.
- Multiple interviews with local community providers to assess existing services & missing gaps.

**Key Intervention Concepts & Processes:**
- Family-Based
- Strengths-Based
- Family-Driver & Self-Directed
- Recovery & Resilience

**Implementing the Family Options Intervention**

**Implementation & Refinement**
The Implementation process has involved:
- collaboration with community agency partners;
- implementation of the intervention;
- 3 Family Coaches, a Family Options Director, & Clinical Consultant, who partner with 26 families, i.e., 26 parents with mental illnesses, 13 partners, & 56 children.

Refinement of the intervention is an iterative process involving:
- Continuous Quality Improvement;
- Feedback of research findings; and
- Program adaptation.

**The Outcomes Study**
Involves studying the experiences and outcomes of parents and children in intervention and comparison groups: "Learning and Attaining," using qualitative, individualized change score approaches.

- Qualitative & quantitative methods;
- Interviews at enrollment, 5, 6, & 22 months; and
- Include standardized measures & open-ended interview items.

**Parent & Child Outcomes**
- Well-being (e.g., BSI, BERS-2);
- Functioning (e.g., SF-8);
- Supports & Resources (e.g., MCOS-SSS);
- Family Outcomes;
- Engagement (e.g., FES);
- Supports & Resources (e.g., FES, FSS).

**Family Options Intervention Mothers Report Past Experiences:**

- 47% ever tried to harm self;
- 45% ever attempted suicide;
- 55% ever witnessed family violence;
- 68% ever raped;
- 77% ever sexually abused.

**Family Options Intervention Mothers’ Reports of Children’s Experiences:**

- 24% of mothers report a child ever been involved with police or probation;
- 43% of mothers report a child ever having a psychiatric hospitalization;
- 40% of mothers report a child ever having been involved with police or probation;
- 75% of mothers report a child ever having emotional or behavioral problems;
- 83% of mothers report a child ever having an Individualized Education Plan.

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**Family Options Intervention Mothers (n = 22):**

- Average age is 37.4 years;
- 77% are White;
- 42% are married or living with a partner;
- 23% are employed;
- Average education completed is 13 years;
- 77% report an average of 2.5 children living in the home.

**Family Options Intervention Mothers Report:**

- 48% of mothers report a child ever having emotional or behavioral problems;
- 41% of mothers report a child ever having been involved with police or probation;
- 43% of mothers report a child ever having a psychiatric hospitalization;
- 75% of mothers report a child ever having been involved with police or probation;
- 93% of mothers report a child ever having an Individualized Education Plan.

**Next Steps**
- Enhance and solidify the Family Options intervention in a well-articulated, comprehensive standard operating procedure document that will facilitate replication and further testing of the intervention.
- Continue to collect and analyze data through 2007 and, potentially, into 2008.
- Disseminate research findings.